

Health Insurance Informational Resources

Need to find a health insurance plan? Start your search here:*

Blue Cross Blue Shield of NC. www.bcbsnc.com Call 1-800-863-1213 for individual plans or 1-800-291-6315 for group plans.

United Health Care www.uhc.com Call 1-800-362-0655.

NC Mutual Life www.ncmutuallife.com Call 1-866-533-2357 for group medical plans. No individual plans offered.

Celtic Health Insurance www.celtic-net.com Call 1-800-477-7870

Alternative Benefit Solutions www.altben.com Call 1-866-365-6306 for personal, family or self-employed plans, no group plans.

Plan Design Services www.plandesignservices.com Call 1-866-591-2088 for group plans, no individual plans. This is a sister company of Alternative Benefit Solutions. Contact your local insurance broker to help you find the option that best meets your needs.

Contact your **local insurance broker** to help you find the best plan for your needs.

*Do you want online rate quotes?**

Most insurance companies offer instant rate quotes online. You could also check out:

www.eheathinsurance.com

www.healthquotes.net

Do you need help finding a health insurance policy for your child(ren)?

Check out NC Health Choice! This is a free or low-cost health insurance plan for children and teens. Don't assume that you don't qualify – give them a call and be sure! Contact the NC Family Health Resource Line for questions or applications.

www.NCHealthyStart.org 1-800-367-2229

Other Resources

National Committee for Quality Assurance (NCQA)

NCQA is a private, nonprofit organization that is committed to improving the quality of health plans. You can look at NCQA's Health Plan Report Card to find out if the health plan you are in or are considering has met their standards and received NCQA accreditation. This website will also help you search for plans in your area.

www.healthchoices.org 1-888-275-7585

* The T.E.A.C.H. Early Childhood® Health Insurance Program does not recommend or endorse any of these insurance companies. We do not control or affect the premium rates they may offer your business. This listing is for informational purposes only. We are not responsible for any of the information provided by the above mentioned companies and/or websites.